



WHY SAFE ROUTES?

At Safe Routes Nebraska, we're all about helping schools and communities build safe routes to school. Why? Because when kids can walk and bike to school safely, they'll be healthier and happier.

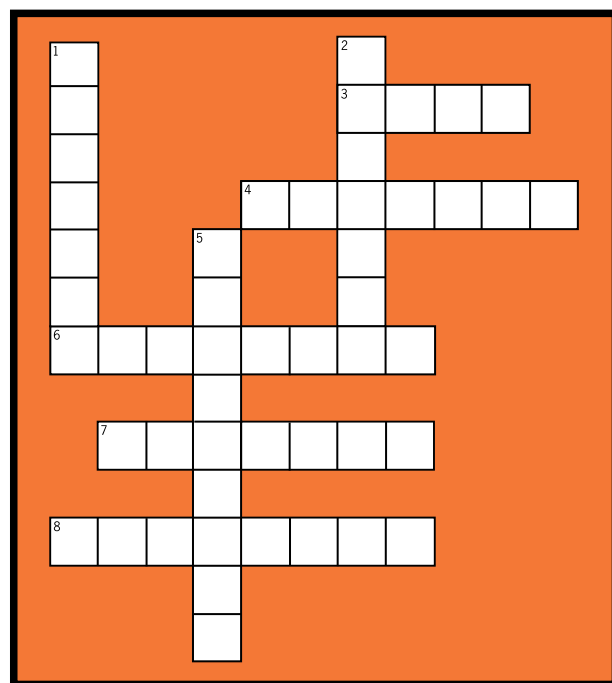
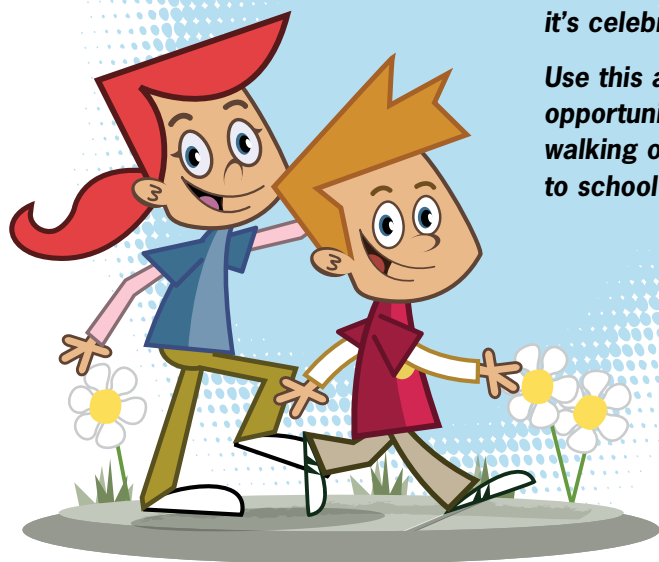
Across the country, kids are less healthy than ever. There are a few reasons for this . . . a big one is that kids aren't getting as much physical activity as they used to.

Walking and biking to school is a great way to get exercise to stay fit. So at Safe Routes Nebraska, we want to make sure that kids all over the state have a safe path to school each day. After all, healthier kids make a healthier state!

**APRIL 21, 2010, IS SPRING
WALK TO SCHOOL DAY!**

*Check with your
school to see how
it's celebrating.*

*Use this as an
opportunity to start
walking or biking
to school every day!*



SAFE ROUTES CROSSWORD

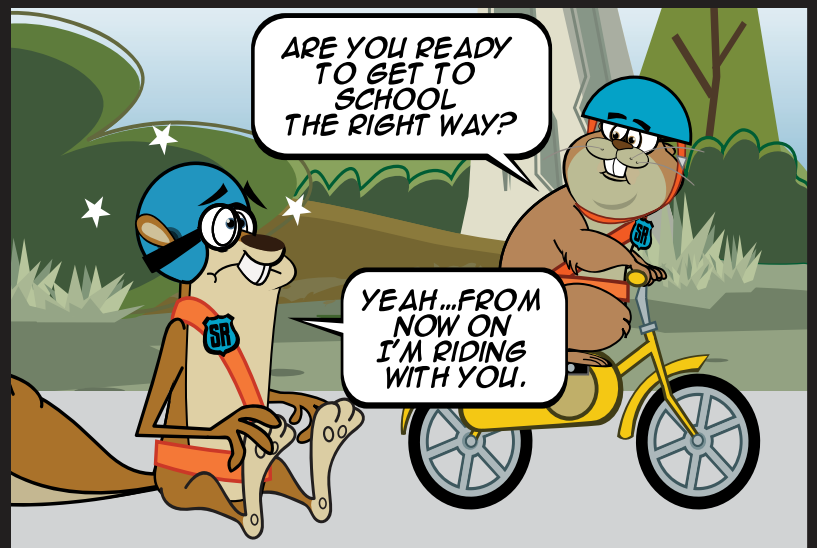
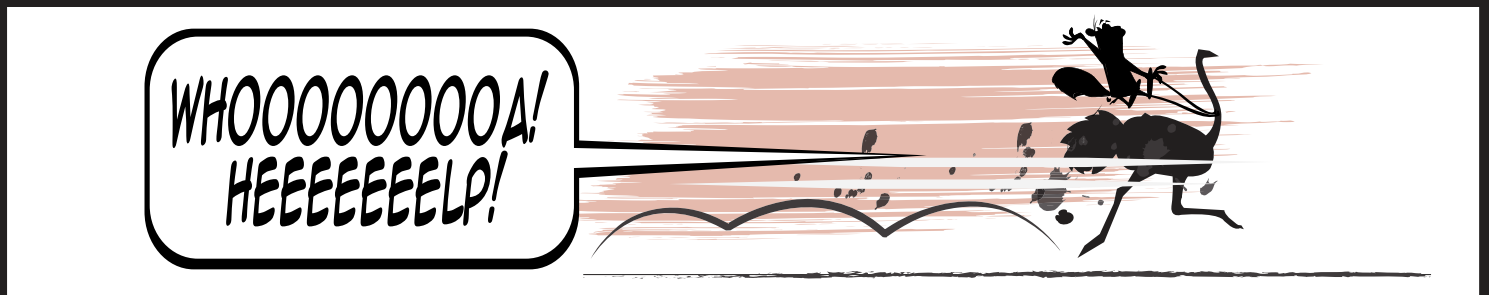
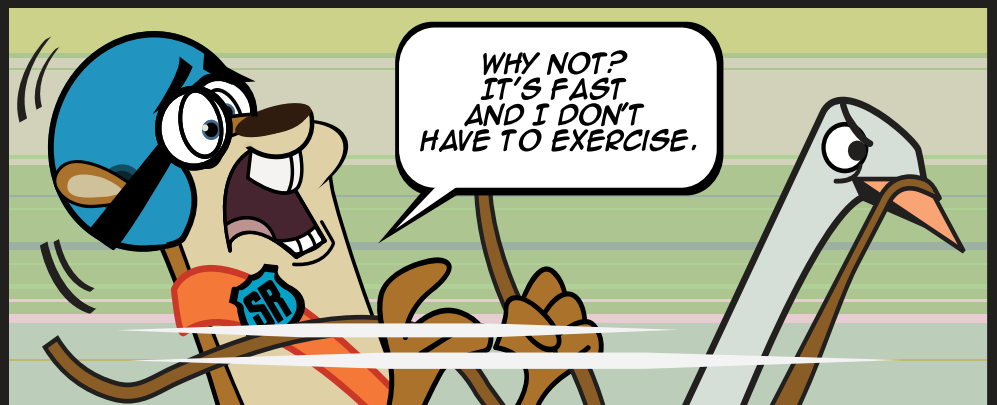
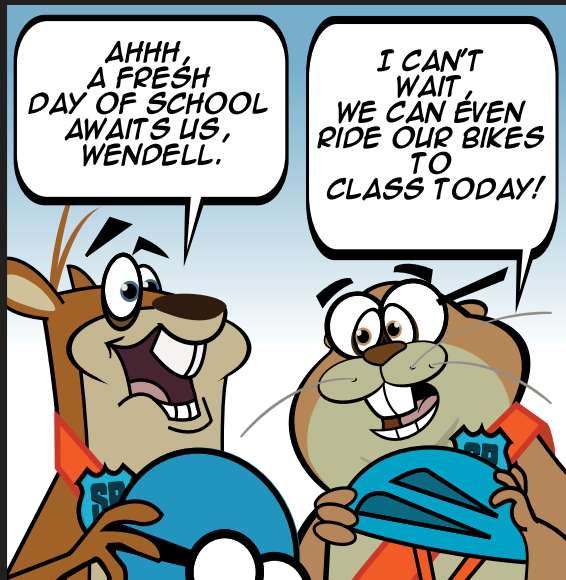
Instructions: Use the clues to fill in the puzzle.

ACROSS

3. It's important to understand the rules of the _ _ _ _ _.
4. Exercise is a great way to avoid _ _ _ _ _.
6. Walking or biking to school is great _ _ _ _ _.
7. Safe Routes comic stars are Zack and _ _ _ _ _.
8. When walking to school, stay on the _ _ _ _ _.

DOWN

1. The long word for bike is _ _ _ _ _.
2. It's safer to walk or bike to school in a group of _ _ _ _ _.
5. Don't talk to _ _ _ _ _.



BIKE SAFELY: 5 TIPS TO STAY SAFE ON THE ROAD

Biking is one of the best (and most fun!) ways to get to school. But before you start pedaling, make sure your next bike trip is as safe as possible by following these helpful hints:



WEAR YOUR HELMET

No matter how short your bike ride is, wearing a helmet is an absolute must. If you don't already have one, talk to your parents about getting a certified bike helmet. Football and batting helmets do NOT count! Only a bike helmet is designed to protect your head from a fall. Check out the diagram on this page to learn how to wear your helmet properly. You've only got one brain . . . protect it with a bike helmet every time, every ride.



HAVE THE RIGHT EQUIPMENT

It's important to have a bike that's the right size for you . . . not too big and not too small. Also, your bike should have reflectors on the wheels, front and back. This will make it easier for cars to see you.



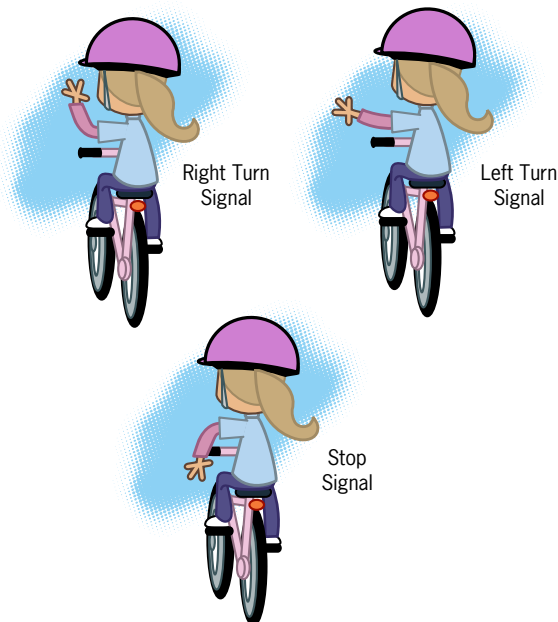
CHOOSE THE SAFEST ROUTE

Ask your parents to help you choose the safest route to school. Look for good sidewalks that are clear of obstructions. Make sure the intersections have stoplights, stop signs, or crosswalks. Once you choose your route, ask your mom or dad to bike it with you, so you can both get a little exercise while you test the route.



USE HAND SIGNALS

If you have to ride with automobile traffic, it's important to understand and use proper hand signals. When cars know what you're planning to do next, they can stop or slow down as necessary. To signal that you're turning right, hold your arm out and bend your elbow upward. To signal that you're turning left, hold your arm straight out from your shoulder. To signal that you're stopping, hold your arm out and bend your elbow downward. All signals should be made using your left arm.



USE COMMON SENSE

Don't go too fast or show off with fancy tricks when riding your bike. Make sure to look both ways before you cross the street, and always walk your bike across the intersection. When you're riding, don't make any unpredictable movements that may surprise drivers. Instead, always signal and take it slow and steady. Remember, getting there fast isn't important . . . getting there safely is!

PROTECT YOUR NOGGIN!

Wearing a helmet isn't enough . . . you've got to wear it the *right* way.

WRONG:

Helmet too
far back



RIGHT:

Helmet parallel
with the ground



WRONG:

Helmet too
far forward



STEERING CLEAR OF STRANGERS

You already know that talking to strangers is a no-no. Here are some practical tips to help you steer clear of strangers on your way to and from school.

- If a stranger talks to you, ignore the stranger and walk away.
- Never approach a strange car when someone asks for directions or offers you a ride.
- Make a plan with your parents about where you can go for help if a stranger approaches you. You could run home, to the school, or to a neighbor's house.
- Walk or ride to school in a group. Safety comes in numbers.
- Talk to your parents about forming a walking school bus and having an adult walk a group of students.
- Know how to call the police if you need to.
- Be suspicious! If you see a stranger who looks out of place around your school or on your route, tell a teacher, a parent, or a police officer.

COLOR BY NUMBER



Instructions: Use colored pencils or crayons to color the areas of the picture according to the key.

WHAT'S UP WITH OBESITY?

You may have heard that there's an *obesity* epidemic in America. But what IS obesity anyway?

Obesity is extreme fatness. When a person is 20% or more above normal weight, that person is considered obese. And while no one likes the idea of being extremely fat, obesity harms more than just your looks.

- Obesity can cause kids to get diseases that used to only affect adults. Type II diabetes and heart disease can be deadly . . . and obesity is one of their main causes!
- Obese kids are more at risk for asthma, a serious illness that makes it hard to breathe. And when it's hard to breathe, it's hard to walk, bike, or do much of anything that's fun.
- Obesity in kids can lead to deformed bones.
- Obese kids often don't like the way they look. That can lead to trouble making friends.
- Obese kids have a 70% chance of becoming obese grown-ups. And obese grown-ups don't live as long as healthy ones.
- Obese kids are often teased by mean kids. Remember, it's NEVER okay to tease someone.
- More than one-third of all teenagers are categorized as either overweight or obese.

You don't have to be a statistic! Fighting obesity is easy. The trick is eat sensibly and get enough activity. That way, you won't be storing extra calories that can turn into fat.

Make sure obesity doesn't make a victim out of you. Burn more calories by walking or biking to school!

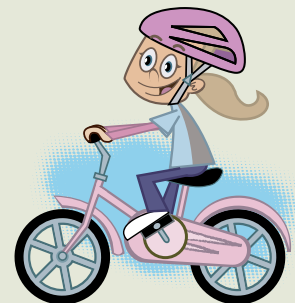
CALCULATE YOUR CALORIES!

Staying fit is simply a matter of math. Keep in mind these three important facts:

1. If you BURN more calories than you consume, you'll LOSE weight.
2. If you CONSUME more calories than you burn, you'll GAIN weight.
3. A POUND is worth 3,500 calories. If you burn 3,500 extra calories, you'll lose a pound. If you consume 3,500 extra calories, you'll gain a pound.



Now that you know that, try your hand at these calorie calculations:



ANNA consumed 2,000 calories per day last week. She burned 3,500 calories each day by walking, biking, and playing outside.

How much weight did Anna lose last week?



BART consumed 4,000 calories per day last week. He only burned 2,000 calories per day because he rode in a car to school and watched TV every day.

How many pounds did Bart gain last week?

FIND THE SAFEST ROUTE

Instructions: Guide Zack and Wendell safely to school by avoiding the hazards along the way.



START



DETOUR →



END



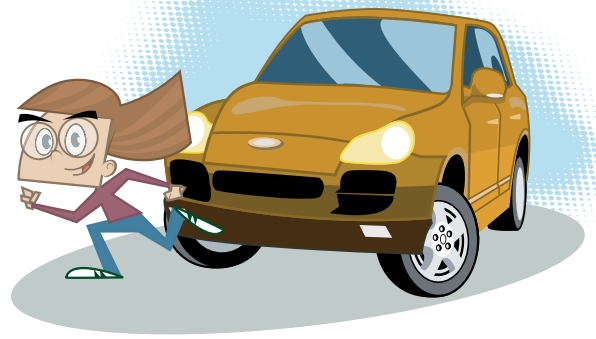
FAMOUS MOMENTS IN WALKING AND BIKING

- 1864** General William T. Sherman marches to the sea to help win the Civil War.
- 1884** Reporter Charles Fletcher Lummis walks from east coast to west coast in 134 days.
- 1920** Kids' bikes were introduced to revitalize the bicycle industry.
- 1963** Dr. Martin Luther King, Jr., and others march on Washington in the name of civil rights.
- 1988** Cycling adapted as an official Paralympic sport.
- 2005** Lance Armstrong wins seventh consecutive Tour de France.
- 2010** You can make your own walking or biking moment at Spring Walk to School Day on April 21.



SAVE THE ENVIRONMENT

Walking and biking isn't just good for you . . . it's good for the planet too! Leaving the car at home is an environmentally responsible move you can make every day.



Here's why it's important:

Cars use fossil fuels

You may have heard at school or in the news that there's an oil shortage. That shortage is mainly due to the high number of cars, trucks, and planes in the world. By walking or biking instead of driving, you're helping conserve our planet's fossil fuel supply!

Cars may cause global warming

Scientists believe that the burning of fossil fuel is responsible for global warming. This happens when fumes from cars (and other sources) create a shell around the Earth's atmosphere that traps heat inside. And while we all like warm weather, some scientists are predicting this climate shift will cause major weather disasters and floods.

Cars cause noise and air pollution around schools

The noise and exhaust that comes from cars fills the area with pollutants. The sounds can make it difficult to concentrate, and the fumes can cause some kids to have difficulty breathing. Plus, too much car traffic can create a safety hazard. The fewer cars around schools, the better!

TRIVIA QUEST!

Instructions: Circle the letter of the correct answer.

1. _____ invented the modern-day bicycle.
 - a. Albert Einstein
 - b. Benjamin Franklin
 - c. Ernest Michaux
 - d. Alexander Graham Bell
2. Obese kids have a _____ chance of becoming obese grown-ups.
 - a. 0%
 - b. 50%
 - c. 70%
 - d. 100%
3. If you walk or bike to school every day, you will likely _____.
 - a. Lose weight
 - b. Sleep better during the night
 - c. Have more energy throughout the day
 - d. All of the above
4. Don't forget, April 21 is _____.
 - a. Valentine's Day
 - b. Presidents' Day
 - c. Spring Walk to School Day
 - d. Handstand Day

WORD SCRAMBLE

Instructions: Unscramble the words below to decode a special message.

EEICXESR

____ _
9 8 1

AKILEDWS

____ _
10 2

TIARCF

____ _
5 3 7

CBECLYI

____ _
6 4

TUERO

____ _
11

SECRET MESSAGE

____ _ !
1 2 3 4 5 6 7 8 9 10 11

FILL IN THE FACTS

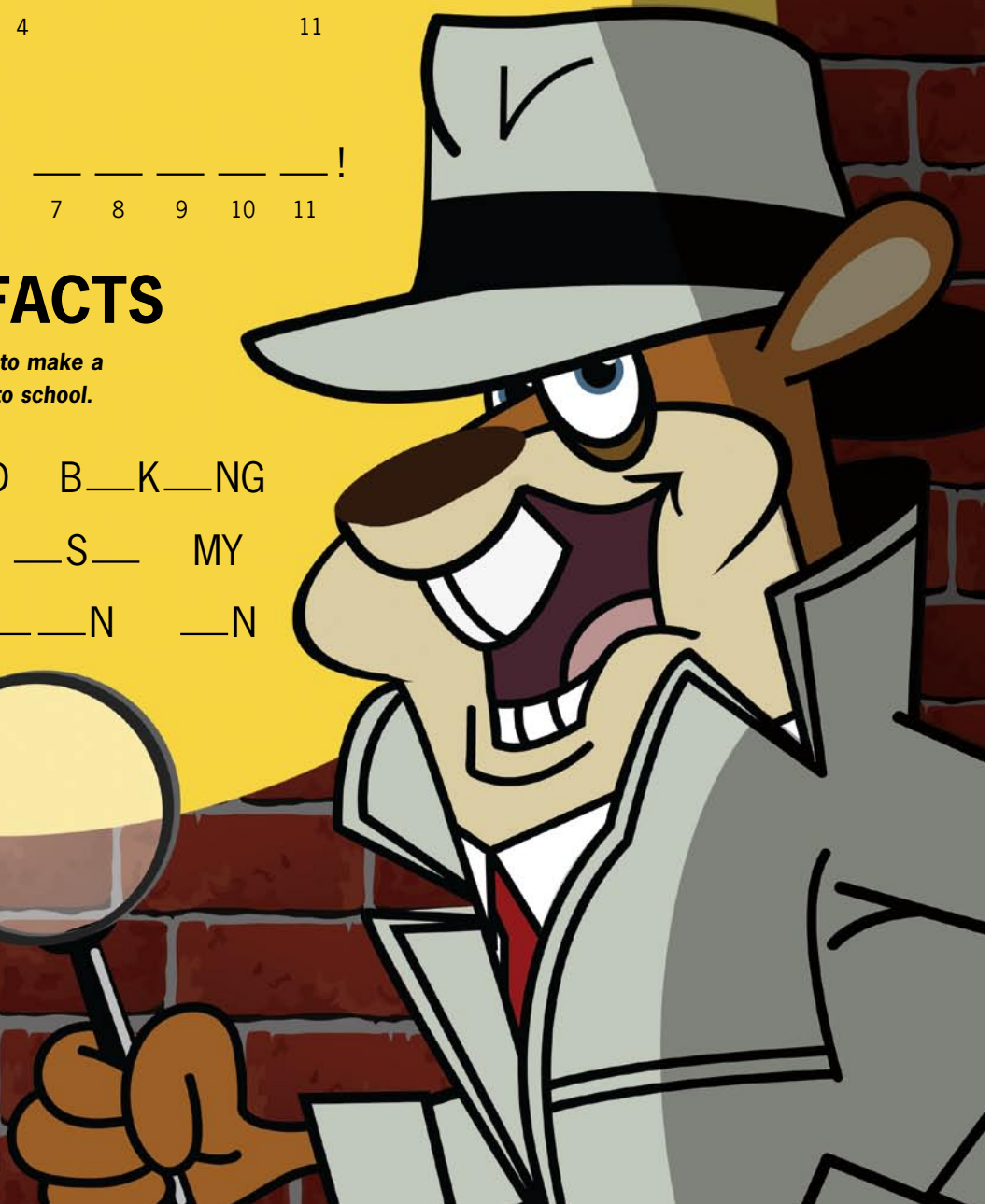
Instructions: Add the missing vowels to make a statement about walking and biking to school.

W__LK__NG __ND B__K__NG

H__LPS __NCR__S__ MY

C__C__NTR__T__N __N

SCH__ __L.



PLAN YOUR ROUTE!

Sit down with your parent or guardian and use these questions to help you plan a route to walk or bike to school.

1. Is your home within walking/biking distance to school? If not, where would be a good park-and-walk spot?
2. Are there adequate sidewalks all the way to school?
3. What routes avoid dangerous intersections?
4. Who lives along your route and can help when needed?
5. Are there any other dangerous spots along the route? Do a practice trip together to find out!

Instructions: Use the space below to draw your route from home or your park-and-walk spot to school.



GET REWARDS!

Complete all the exercises in this handout and have your parent or guardian sign below. Then bring the signed handout back to your teacher, and you'll get a reward!

My child has completed each exercise in this handout.

Child Name:

Parent/Guardian Signature:



Play more games
with Zack & Wendell at

www.SafeRoutesNE.com!



THE BIG DAY IS APRIL 21, 2010.

Some things you can do to celebrate are:

- Organize a walking group with kids in your neighborhood
- Plan a route with your parents so you can start walking or biking
- Start a competition with friends to see who can walk or bike the most

See what your school is doing to celebrate!

SINCLAIR **hille**
architects

